

# Walk or Run To Better Health...



Join us for the 4<sup>th</sup> Annual  
**Arrowhead Regional Medical Center**

## **Community 5K Walk/Run plus, Health & Fitness Expo**

Starting in January 2010, pre-register on line  
@ [www.arrowheadmedcenter.org](http://www.arrowheadmedcenter.org)

**Saturday, March 13, 2010 at ARMC**

**FREE**

Registration begins at 7 a.m.,  
Warm-ups at 8 a.m. and Walk/Run  
at approximately 8:30 a.m.

**The Heart Of A  
Healthy Community**



**ARROWHEAD REGIONAL MEDICAL CENTER**

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